

# PREPARING FOR GLOBAL DIGNITY DAY

ALL AGES

Welcome! On the third Wednesday of every October, you will join over 500,000 people in 70+ countries to celebrate Global Dignity Day!

## WHAT IS GLOBAL DIGNITY DAY?

Global Dignity Day is an inspirational event that engages people from around the world in both understanding and celebrating dignity. It harnesses the power of uplifting speakers, music, storytelling, film, assemblies, and/or service projects to involve entire schools and organizations in celebrating dignity.

By the end of the day, people feel empowered, more aware of their own unique value, and recognize these same qualities in others. Everyone who celebrates Global Dignity Day joins local and global communities of people committed to living lives of dignity and treating others with dignity.

## FIVE TIPS: HOW TO PREPARE FOR GLOBAL DIGNITY DAY

1. Read and ponder Global Dignity's definition of dignity and the principles that guide our understanding of what it means.
2. Explore the dignity resources and stories available on the Global Dignity website and view the Dignity Song video.
3. Review the information in the Global Dignity Day Toolkit, especially the dignity training program and your role and responsibilities.
4. Identify examples of dignity from your own life. Consider your experiences, your relationships, your role models, the media, literature, music, etc.
5. Discuss the concept of dignity with your family and friends. Use Ten Tips for Starting the Dignity Conversation as a guide.

